



DE-STRESSING
OVERCOMING THE
TENSION OF DAILY
LIFE {pages 14-15}

YOUTUBE SENSATION
CHARICE HAPPY
ABOUT GLEE RETURN

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BOWS OUT
HALLE CANCELS
BROADWAY
DEBUT {page 11}



OTTAWA

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Tuesday, April 19, 2011
www.metronews.ca



News worth
sharing.

Vote. Mob



► Carleton University students, many of whom are first-time voters, show their excitement about the election in a vote mob rally yesterday — a trend that is quickly spreading across several Canadian university campuses.

JOE LOFARO/METRO

Group demands banning the butt

► Ottawa Council on Smoking and Health wants smoke-free patios across the city



JOE LOFARO
@METRONEWS.CA

Smoking and health

With patio season around the corner, an anti-smoking group is urging city council to stop licensing bar patios until it considers a patio smoking ban.

Last year, the Ottawa Council on Smoking and Health (OCSH) commissioned a study on the effects of second-hand smoke at Ottawa restaurants and now the group wants the city to review it.

“Our study showed that outdoor second-hand smoke on Ottawa patios was as high or higher than indoor second-hand smoke in some restaurants,” said OCSH president Suzanne Friedlaender.

The idea was greeted with skepticism by Rideau-Goulbourn Coun. Scott Moffatt who said that smoking is already prohibited on

► **Effect** The group is worried about the health effects of second-hand smoke on residents who live metres away from Ottawa patios.

► **Other cities** The Ottawa Council on Smoking and Health said that many other Canadian cities such as Vancouver, Victoria, Saskatoon and Kingston have already prohibited smoking on patios.

Ottawa patios that have an awning.

“How do you enforce it?” Moffatt said, when asked about a bylaw for patios without awnings. He said he is open to discussing the proposed bylaw, but said it might be an extra burden for bylaw officers.

Student voters show their excitement

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- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

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City delays Clark election expense hearing

A city committee voted yesterday to delay hearing a complaint concerning Coun. Peter Clark's election finances until May 3, after the Rideau-Rockcliffe councillor said he was out of the country last week, when the meeting was scheduled.

Clark refused to comment on the allegation by defeated election rival Richard Cannings that he used a list of federal Liberal supporters during his campaign for council. "I'm not going to comment on the merits of (the complaint)," he said.

On April 6, he was informed there would be a meeting to discuss the allegations, but it was not scheduled until April 12, said city staff.

Clark said he did not check his city email while away.

The committee is made up of city residents.

Michael Brown, vice-chair of the committee, refused to comment on the committee's decision.

"I will defend myself in front of this committee when I have had time to prepare," said Clark.

● JESSICA SMITH



► Peter Clark

Wave Pool. Drowning



► In this 2008 photo, a grieving Edward Ilunga shows a photo of his eight-year-old daughter Edine, who drowned at a wave pool in Kanata.

KANATA KOURIER-STANDARD

Coroner calls inquest

Two years after Edine Ilunga died in a Kanata wave pool, the provincial coroner has called an inquest into the circumstances of her death. She was found face down in the water at a birthday party at the Kanata Leisure Centre and later died in hospital. The inquest will begin May 16 and is expected to last five days.

Dog bites store greeter in the face

- Owner fined, Home Depot reconsidering dog policy after attack
- Victim says she is going to sue the dog owner



JESSICA SMITH
@METRONEWS.CA

Anne Riel used to enjoy greeting the dogs that came into the Gloucester Home Depot with their owners.

But since the Home Depot greeter was bitten in the face, the chain is reconsidering its policy on dogs.

"Currently, dogs are allowed in stores as long as they're under control by their owner — this is a

policy we're now re-looking at," manager of public relations for Home Depot Tiziana Baccaga said yesterday.

There was a "No Dogs" sign at the store, but it was never enforced, said Riel.

The Shih Tzu that attacked her was in a shopping cart near its owner when Riel leaned toward it and it bit her nose.

"It happened so fast," Riel said. "The shot of pain and the blood was immense."

Riel received seven stitches and will require plastic surgery, she said.

Riel said she would like to see the dog put down.

Susan Jones, general manager of Emergency and Protective Services, said the city fined the owner \$610 and issued an order that the dog must be muzzled in public.

She said she doesn't have the power to kill animals that bite, but officials have not ruled out asking a judge to order the Shih Tzu be put down.

JESSICA SMITH/METRO



► Anne Riel had seven stitches after a dog bite.

1 news



In tomorrow's Metro: The five federal leaders answer questions from our readers on their plans for Canada's largest cities.

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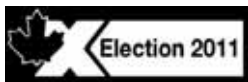
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North of 60 heats up as parties dish it out

► Conservatives lash out at new attack ads ► Better health care and new roads promised in Yellowknife



Various feel-good campaign promises — a new northern highway, more doctors and nurses, high-speed rail — did little to mask an election that is turning increasingly bitter.

It was back to the future on the election trail yesterday in Yellowknife, where Prime Minister Stephen Harper and Liberal Leader Michael Ignatieff crossed paths — and campaign swords.

Ignatieff reminded Canadians of six decades of universal medicare while promoting better health care in Northern Canada.

Harper's promise to complete the Dempster Highway joining Inuvik

and Tuktoyaktuk — a 140-kilometre stretch to which Ottawa will contribute \$150 million — was bookended by dire warnings about the perils awaiting Canada if voters fail to give his Conservatives a majority.

A campaign pitch in Quebec by Gilles Duceppe imploring voters to support his Bloc Québécois to stop a Conservative majority is proof, says Harper, that only a majority government can avert the next sovereignty referendum.

The Conservatives are also lashing out at the Liberals for new attack ads that target Harper on health-care funding and his commitment to the Canada Health Act. The Liberals put words in Harper's mouth that actually came

from his former boss at the National Citizens Coalition.

Ignatieff was unrepentant, claiming the Conservative party has been attacking him for "five years" with out-of-context quotes and character assassination.

"It's getting tight. The heat's on. They can dish it out but they can't take it," Ignatieff said.

The latest poll suggests the race has indeed been tightening up with less than two weeks to go.

The Canadian Press Harris-Decima survey had Conservative support nationally at 36 per cent, compared to 28 for the Liberals, 19 for the NDP, eight per cent for the Bloc and seven for the Greens.

THE CANADIAN PRESS



► Liberal Leader Michael Ignatieff misses the grill yesterday as he flips caribou burgers while attending a barbecue during a campaign stop in Yellowknife.

Toronto cops release name of dead woman

Toronto police have identified the young woman found dead in a basement apartment near York University as Qian Liu, 23, of Beijing.

They are searching for a man reportedly seen struggling with her earlier that morning while she was chatting by webcam with a friend. THE CANADIAN PRESS

Tories alone in shun on carbon price

A new survey shows that all the main political parties except the Conservatives are committed to setting a price on greenhouse gas

pollution — which environmentalists say is crucial in fighting climate change.

The survey by some of the country's largest environmental groups asked each party if their green policies favour either a cap-and-trade system or imposing a tax on carbon.

THE CANADIAN PRESS

Bloc pushes for strategic voting to thwart majority

Gilles Duceppe is warning voters away from the NDP, as an opinion poll published yesterday indicated the NDP had moved into second place in Quebec.

The Bloc Québécois leader said Quebecers must vote for his party to thwart a Conservative majority government.

THE CANADIAN PRESS

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CHRIS HONDROS/GETTY IMAGES



► Foreign workers from Nigeria, Ghana, and other African countries pile in the back of a truck with their belongings trying to leave the besieged city of Misrata.

Fleeing Libya under fire

- Foreign workers, Libyans risking hostilities to leave war-torn country
- Gadhafi promises UN access to Misrata, but no halt to military assault

Britain said it would provide about two million pounds (\$3.1 million) to fund efforts to evacuate about 5,000 foreign workers stranded and under fire in the besieged western Libyan city of Misrata.

The International Organization for Migration already ferried foreign nationals out of Misrata by boat to the opposition-held eastern city of Benghazi.

About 870 foreign migrant workers — from Ghana, the Philippines and the Ukraine — and 100 Libyans were aboard the organization's chartered boat Ionian Spirit that left Misrata early yesterday.

Several women and children, and 23 people suffering war wounds — including a child who had been shot in the face and an amputee were also

aboard, the organization said.

"Thousands of foreign workers have managed to reach the port but find themselves at terrible risk from incoming fire, with no way to get out," said Andrew Mitchell, the U.K.'s International Development Secretary, in a statement. "These evacuations will take them to safety and help reduce the demand in

Misrata for the very limited supplies of food, water and medical supplies available."

Meanwhile, Moammar Gadhafi's government has promised the UN access to the besieged rebel city of Misrata, a senior UN official said yesterday, even as Libyan government troops continued to pound opposition enclaves with shells and rockets.

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No relief in sight at the pumps





► Expect gas prices to soar even higher once summer driving season gets underway next month

Canadians could soon be filling up their gas tanks for as much as \$1.40 per litre, Gasbuddy.com says.

The price-tracking website pegs the current Canadian average price at \$1.28 per litre. But as motorists begin to take to the road after the Victoria Day long weekend, demand will pick up and drive up the price, says Jason Toews, co-founder of Gasbuddy.com.

About 70 per cent of the price of a litre of gasoline comes from the cost of its main ingredient, crude oil. Crude has been trading at pre-recession levels as unrest in Middle East oil-producing countries continues to stoke supply fears.

Market moment

TSX	Dollar
	
- 96.79 (13,702.33)	- 0.45¢ (103.71¢ US)
Oil	Natural gas
	
- \$2.54 US (\$107.12 US)	1,000 cu ft \$4.138 US (- 6.6¢ US) Gold contracts \$1,492.90 US (+ \$6.90 US)

PRICES AS OF 3 PM, YESTERDAY

don't we just sell it to ourselves?" Toews said.

"These companies who produce the crude oil are looking to maximize their profits. It's not a charity case."

Alberta has the cheapest gas in Canada, at just under \$1.17 per litre. British Columbia and Ontario, on the other hand, are hovering at \$1.32 per litre. In Newfoundland, drivers are filling up for \$1.37 per litre.

It's worthwhile to shop around for the cheapest gas in your city, Toews said. For instance, the lowest price reported in Vancouver yesterday morning was \$1.27 and the highest was nearly \$1.39. **THE CANADIAN PRESS**

"A lot of people say 'We have so much crude oil here in Canada. Why don't we have cheap gas? Why

Health Report



► With an oil platform in the distance, Tulane University field technician Danielle Drabek watches for migrating birds at Port Fourchon, La., on the Gulf of Mexico.

PATRICK SEMANSKY/THE ASSOCIATED PRESS

Hope for the Gulf?

One year after the BP oil spill, more than three dozen scientists have given the Gulf of Mexico a health rating of 68 out of 100. While the signs are hopeful, there are still significant declines in key health indicators. Hundreds of baby dolphins and turtles have died, and there are dead patches on the sea floor. The scientists say potentially big problems are hidden deep below the surface and may not be fully evident for years to come.

Big bucks for big bosses at Bombardier

Bombardier's five highest-paid executives got pay raises of 64 per cent in total compensation of \$19 million US last year, a company circular reports.

President and CEO Pierre Beaudoin's compensation was \$6.8 million US, including a base salary of \$1.3 million US, a performance bonus of \$3 million US and stocks and stock options, a pension plan, dividends and use of a corporate jet.

Board chairman Laurent Beaudoin got \$1.8 million US in total compensation.

The Montreal-based airplane and railway manufacturer earned \$755 million US in profits last year, up 8.2 per cent from \$698 million US a year earlier.

THE CANADIAN PRESS

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She says ...

JESSICA
NAPIERSIMPLY
REDHEADS

Rumour has it that women tend to favour men of the tall, dark and handsome variety.

I, on the other hand, have a thing for redheads. Yes, that's right, I'm not afraid to admit that I would take freckle-faced Ron Weasley over Harry Potter any day of the week. In fact, I've been in a relationship with a ginger-haired man for more than three years — before you cringe, think Prince Harry not Carrot Top.

Redheads elicit passionate reactions; they are both demonized and fetishized by the plain-haired majority. Whether strawberry blond, burnt orange or deep burgundy it seems people have a pretty definite opinion when it comes to redheads.

Throughout history, redheads have been persecuted and stereotyped as angry, untrustworthy and, occasionally, satanic. Mythology links red hair to witchcraft and vampires, while Biblical bad guys Judas Iscariot, Eve (as in Adam and ...) and Mary Magdalene are frequently depicted as redheads.

Today, natural redheads account for less than four per cent of the world's population and less than two per cent in North America. There are plenty of stereotypes surrounding this genetic minority. Red-haired adults are assumed to be hot tempered, promiscuous and unpredictable (here's looking at you Lindsay Lohan) while young gingers are stigmatized as mischievous devil children, ostracized and mercilessly taunted for their pallor and fiery hair.

Yes, growing up ginger certainly isn't easy. In 2008, the RCMP launched an investigation after a 14-year-old boy started a "Kick a Ginger" Facebook group encouraging kids to terrorize crimson-haired classmates. The group, which nearly 5,000 people joined, was allegedly inspired by the now infamous "Ginger Kids" episode of South Park in which a character describes redheads as "disgusting, inhuman, soulless and inherently dumb."

Not only the victims of emotional and physical abuse, redheads also have a number of physiological shortcomings. Unique pigmentation makes their skin more susceptible to sunburn, wrinkles and skin cancer.

Given all of these genetic disadvantages it's perhaps unsurprising that rumours of redhead endangerment have started circulating. Redhead survivalists panicked after a not-so-scientific study warned that redheads might face extinction as early as 2060. In reality, while occurrences of red hair may be on the decline, there is no real evidence to suggest that our ginger friends will die out any time soon.

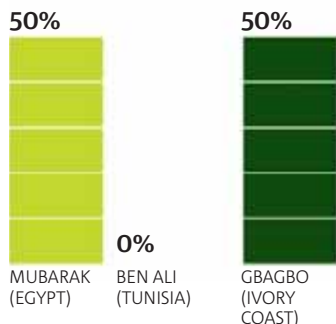
There is perhaps no hair colour more polarizing than red, but as far as I'm concerned the only problem with redheads is there aren't enough of them.

Read more of Jessica Napier's columns at metronews.ca/shesays



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Which recently unseated head of state would you most like to have a 30-minute Skype conversation with?

Worth
mentioning

THE HAGUE, Netherlands.
Hair today, gone tomorrow.

A judge has asked lawyers to shed their wigs next time they appear before her at the International Criminal Court.

A handful of attorneys appeared yesterday in traditional black gowns and white horsehair wigs for a preliminary hearing in a case dealing with violence after Kenya's disputed 2007 presidential election.

Justice Ekaterina Trendafilova paused briefly at the end of the hearing to pass a hair-raising judgment.

"This is not the dress code of this institution," she said.

"In this quite warm weather maybe it will be more convenient to be without wigs," she added with a smile.

It is unusual for lawyers to appear at the International Criminal Court in wigs, but not unheard of. At least three lawyers wore wigs April 8 during the initial appearance of three Kenyan suspects, without Justice Trendafilova issuing any dress code guidelines.

THE ASSOCIATED PRESS

Cartoon by Michael De Adder



WEIRD NEWS

Coming soon:
Dancing With
The Politicians

A moonwalking politician might not be the best reason to pay attention to Romanian politics, but the antics seem to be working.

Edmond Talmacean, a 40-year-old Bucharest politician, has inspired national headlines with his Michael Jackson-inspired moonwalk on a television show and his impersonations of the late dictator Nicolae Ceausescu. His impersonation of a well-

known sports commentator during a serious political debate also stunned other lawmakers into silence.

"Dancing is another kind of political message to appeal to the younger generation, that it is good to have fun ... that you can go to a disco and dance," Talmacean told The Associated Press yesterday.

Party bosses, however, say enough is enough and have ordered him to tone down.

Prime Minister Emil Boc declared the routine was more suited to "showbiz" than politics, while Vasile Blaga of the Democratic Liberal Party said the fringe lawmaker should head over to the TV program Dancing With The Stars.

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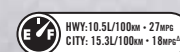
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Scene in brief



Michael Cera and Whoopi Goldberg are among the 38 jurors for the 10th annual Tribeca Film Festival. Tribeca announced its jurors yesterday, two days before the New York festival opens. Goldberg and Cera are among the jurors for the world documentary competition.

THE ASSOCIATED PRESS



Video of Royal Family look-alikes dancing down aisle on wedding day goes viral

YouTube star happy about Glee return



GETTY IMAGES

► Fan support helped bring Charice back to hit Fox show ► Self-confessed 'Glee' will tackle Eric Carmen's All By Myself in episode



IAN JOHNSTON
SCENE@METRONEWS.CA

For viral music sensation Charice Pempengco, appearing on Glee is a bit more than just another singing gig.

"I'm a Gleeek," confesses the singer, 18, who goes by the professional name of simply Charice. "So being on the show — it's very exciting. I think it's one of the show's goal — to help teenagers make their dreams come true. It's been amazing."

It's also been a pretty amazing ride for the Philippines-born Charice, whose rose to fame at 13 when YouTube footage of her singing performances became a sensation. Appearances on Ellen and Oprah followed, leading to last fall's first appearance on Glee as the pint-sized diva rival Sunshine Corazon.

Still, despite all that success, it was never a given that'd she'd return to the Glee fold. Charice says the overwhelming support of Glee fans on the internet definitely played a part in

her return. "It's one of the reasons I'm back. I've been reading all their comments. Happy to see they're excited."

The singer credits her mom with recognizing her singing talent at a very early age.

"My mother is a vocalist in a band. And she came home to see me singing on the top of the table — Celine Dion's My Heart Will Go On. So she discovered me."

On this week's Glee, Charice will tackle another Dion concert standard — Eric Carmen's All By Myself.

"I was so happy when they gave me that song to sing. I've been singing it forever. I love that song."

Beyond this week's episode, Charice again claims to be in the dark about when and if her character will return for a third time.

"I don't know if she (Sunshine) turns into a spy or starts helping the Glee club. I'm really excited to do more, but I don't know what happens after this."

Glee airs Tuesdays on Global.

► Singer Charice Pempengco is set to reprise the role of Sunshine Corazon in Glee.

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May 2 @ 6:30
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Halle Berry cancels Broadway debut

► Custody fight keeps her out of role in drama

Halle Berry is bowing out of her Broadway debut, *The Mountaintop*, which was set to open in September, according to the New York Times. Producers of the show say Berry will "not be appearing in the role due to child-custody issues." Berry has been engaged in a bitter custody dispute with ex-partner Gabriel Aubry over their three-year-old daughter, Nahla. The play, which stars Samuel L. Jackson as Dr. Martin Luther King Jr. on the night before his assassination, will open as planned with a new actress in Berry's place. ● METRO



► Halle Berry

Lohan could get 3 years

Lindsay Lohan is apparently weighing her legal options, as the actress' lawyers reportedly held a secret meeting last week with the judge and deputy district attorney to discuss her ongoing felony grand theft case, according to Radar Online.

Lohan's lawyer reportedly asked how much time behind bars the *Mean Girls* star would have to serve if she enters a guilty plea at her preliminary hearing this Friday, but while the judge is said to have disclosed the figure, word of it



► Lindsay Lohan

hasn't leaked. At worst, Lohan could face up to three years in prison.

● METRO

DUI charges dropped

The Los Angeles district attorney has officially dropped DUI charges against Matt Rutler, Christina Aguilera's boyfriend who was picked up for drunk driving last month, according to TMZ. Investiga-

tion found Rutler's blood alcohol was under the legal limit at the time. Aguilera was arrested for public intoxication the night of the incident, though no charges were filed against her either. ● METRO

Sheen's ex enters rehab

While ex-husband Charlie Sheen tours the country and argues with his former bosses, Brooke Mueller has checked herself back into rehab after an eventful week, according to TMZ. Mueller reportedly refused to submit to a drug test Friday

required to maintain custody of her children with Sheen, two-year-old twins Max and Bob.

Her stint in rehab is said to be a precautionary measure in case Sheen's lawyers use her refusal to take a test against her.

● METRO



► Brooke Mueller

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Results will be published on May 17 in the Lady Gaga Edition of Metro!

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Up and down

GOOD AT

Robison designed special-effect guitars for the band KISS in the 1970s.

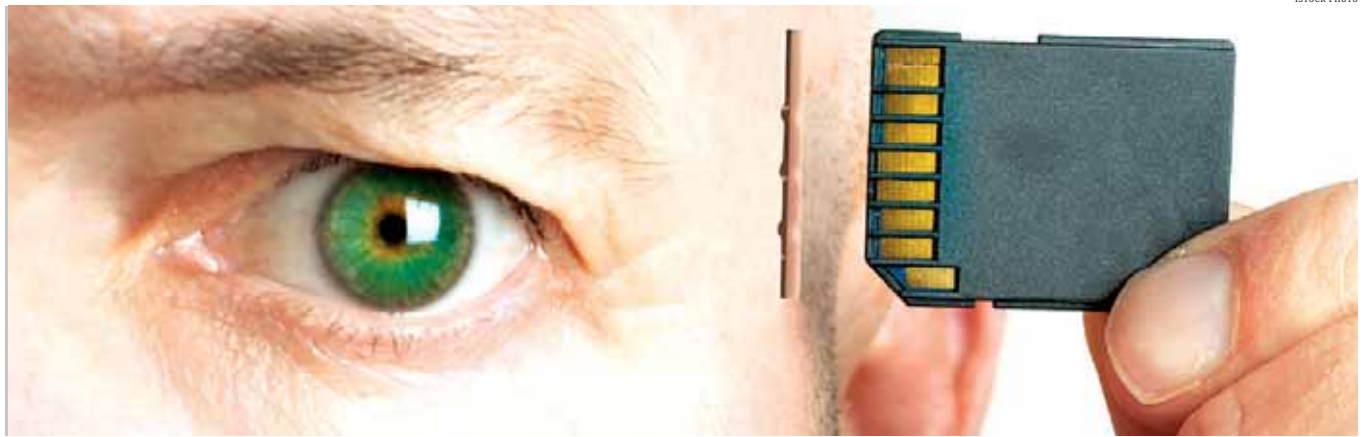


Bad at

Robison frequently disappoints or downright annoys other people without realizing it. ● CELIA MILNE



Some hair smoothing products contain formaldehyde above limits: Health Canada



ISTOCK PHOTO

A 'misfits' guide to life with Asperger's

- ◆ Author shares his journey through the world that few can understand
- ◆ New book provides workarounds for challenges that affect Aspergians



CELIA MILNE
LIFE@METRONEWS.CA

Misfits, geeks, loners and people with Asperger's — take heart.

John Elder Robison is here to help you chart your own path.

His new book *Be Different: Adventures Of a Free-range Aspergian* (Doubleday Canada) echoes his journey through a world in which he's always been different.

Robison is a person living with Asperger's, a disorder along the autism spectrum, which means he

has non-standard wiring in the brain. He wants to give a message of hope and concrete advice to younger people who have trouble socially.

"When you are growing up and struggling to find friends and fit in, the future can seem very dark indeed. Yet people like me tend to do better as we get older and it's important for us to stand as inspirational role models for younger people," he tells Metro.

Through hard work, patience and diligence, he has developed "workarounds" for challenges

"When you are growing up and struggling to find friends and fit in, the future can seem very dark indeed."

JOHN ELDER ROBISON

that affect people like him. He studies ordinary people and learns to imitate their behaviour. He calls them nypicals, a short form of neurotypical, which is essentially any human who doesn't live in the autism spectrum.

Robison is the author of

the bestselling memoir *Look Me In the Eye*, and his brother Augusten Burroughs wrote about their dysfunctional childhood in *Running With Scissors*.

Robison was recently in Toronto promoting *Be Different*.

"Simply making myself aware of others has remarkably improved my social life," he writes. "People accept me much faster now that I ignore them less. This process is a secret of my success, and that helped turn me from a self-centered loner into a pleasant eccentric with a number of friends."

Asperger's

Asperger's, and what it is at a glance.

▶ Aspergians are very focused on what interests them. It took Robison ages to realize that, in casual conversation, most people don't want to hear about the 66,000-horsepower diesel engines in ocean-going container ships.

▶ The Asperger's diagnosis is relatively new for the medical community. When Robison was a child, there was no diagnosis so he just thought he was a loner. He wasn't diagnosed until age 40.

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McGill gets \$1.5M for food safety

A Canadian food safety scientist has made a donation to McGill University to establish a food safety and quality program, the university announced Friday.

Dr. Ian C. Munro, a McGill graduate, and his wife Jayne Munro have donated \$1.5 million to kickstart the Ian and Jayne Munro Chair in Food Safety. **THE CANADIAN PRESS**



Staph germ common in U.S. markets, say new study

A new report estimates that half the meat and poultry sold in the supermarket may be tainted with the staph germ.

That estimate is based on 136 samples of beef, chicken, pork and turkey purchased from grocery stores in Chicago, Los Angeles, Washington, D.C., Flagstaff, Ariz., and Fort Lauderdale, Fla.

THE ASSOCIATED PRESS



► Dr. Michael Tymianski is part of a team of neurosurgeons at Toronto Western Hospital who have been able to initiate the regrowth of lost brain tissue through brain bypass surgery

Regrowing the lost brain tissue

► Brain bypass surgery helps restore lost brain tissue in patients, study finds ► Canadians leading research

Surgical treatment aimed at preventing the onset of strokes in high-risk patients has led to an unexpected outcome: helping to restore lost brain tissue, according to new Canadian research.

Neurosurgeons at the Krembil Neuroscience Centre at Toronto Western Hospital have been able to

initiate the regrowth of lost brain tissue through brain bypass surgery.

The procedure is similar in concept to heart bypass surgery but is quite rare and performed at very select and few centres in North America, said study co-author Dr. Michael Tymianski, director of the neurovascular therapeu-

tics program at the University Health Network.

"The purpose of the surgery is to bypass an area of the brain vasculature, the brain blood vessels, that's blocked or narrow," said Tymianski, who is also a senior scientist at the Toronto Western Research Institute.

THE CANADIAN PRESS

Thoughts on ... Forgiveness

UNPLUG. Have you ever felt that someone did something to you, something that hurt you so badly that you could never forgive them?

Of course you have. There isn't a single person on this planet who hasn't suffered the inappropriate and careless actions of another. In refusing to forgive old hurts, you live with them in the present. A part of you may wonder

'How can I ever forgive what they did to me?' — one thing that might change your mind is to realize that holding on to all that pain doesn't hurt anyone but you.

Forgiveness of the person does not simply give permission to abuse or hurt you again but about restoring your own sense of peace.

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De-stressing your days

► Life is full of big moments ► And even the most exciting — a first date, a baby coming, an important interview — comes with stress. ► Below we offer tips on how to deal with all of it



ROMINA MCGUINNESS
LIFE@METROWELNESS.CA
METRO WORLD NEWS IN LONDON

1 You're on a first date

If you're just getting to

know one another, have a glass of wine to lower your inhibitions and get the conversation going, says relationship expert Ian

Kerner.

"You want to eat something simple like sushi that will allow you to talk without distraction. You also want to eat something light that doesn't fill you up or slow you down, such as chicken salad," he adds.

"For dessert, go for something sugary like a mango sorbet to get a boost of energy and a coffee, as long as it doesn't make you feel too jittery."

On the flip side, he has advice for those who may not make it to dessert. What happens if you're worried there may not be a love connection?

"The best is to go to a restaurant with no waiting staff, preferably self service so that you can leave when necessary and avoid awkward conversation," says Kerner.

enzyme bromelain, which may trigger contractions by softening the connective tissue of the cervix.



3 You've got a big job interview

Work on your resumé, but also your diet. Dr. Gary Wenk, author of *Your Brain on Food*, recommends "precursor-loading" foods.

"Their purpose is to bias the function of the brain so that we perform better over the long term. Try tuna (it has tryptophan) and fava beans."

4 You're flashing some flesh

If you're uncomfortable naked, you'll need more help that we can provide at this time.

But here's a tip for the pasty: Load up on foods bursting with the antioxidant beta-carotene, whose red-orange pigment will give your skin a natural glow. Try kale, carrots, collards and basil.



► Date going poorly? Good thing you went to a self-serve restaurant.



5 You're having a 'big' day

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A reminder from your eye health professionals:
Visiting your optometrist regularly is good prevention.
An eye exam will identify vision problems and eye diseases that may affect your daily life.

2 You're baby is days overdue

If it's past the due date, sex and spicy foods may help bring on labour. But also try eating fresh pineapple (a few slices, to avoid stomach burn). It contains the



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rived from choline, a B vitamin found in yolks and liver. Yum.



6 You're going for a tough workout and you're worried about body image

Avoid starting the day with a heavy pasta.

"Start the day with healthy fats such as salmon and a handful of nuts, that stimulate the function of neurotransmitter receptors, particularly dopamine, responsible for driving you energy levels," says body expert Lee Mullins.

Apples and berries can also help in getting you going.



7 You're hung over, horrendously

The morning after, you're missing important, electrically charged minerals, aka electrolytes (calcium, magnesium, potassium, phosphorus and sodium). And you're dehydrated. Drink a glass of pure coconut water. It contains the same five electrolytes found in human blood.

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It may be hard to realize that you may have a health issue when you are as healthy as almost everyone else. However, the truth is that sometimes, you do not want to be just as healthy as the next person. **You want to be healthier!**

That is definitely the case when it comes to your oral health. You may not want to be part of the majority of the population. The reason is simple. It is estimated that **80% of Americans suffer from some form of periodontal disease.**

While we can appreciate that these are American statistics, it is highly likely that the Canadian numbers may be similar. From the standpoint of a dentist, we certainly would take little comfort in knowing that one person's oral health is no worse than the next person's when so many people are suffering from a potentially serious condition.

And why is periodontal disease such a serious health issue? First of all, there is a growing body of evidence that **links periodontal disease to poor cardiovascular health.** Bacteria associated with periodontal disease are often found in people suffering from heart or lung disease. And when we are talking about heart disease, we are talking about one of the **number one killers** of North American men and



Dr. Martin LaBoissonniere
Dental Surgeon

women.

For those already suffering from **diabetes**, periodontal disease can prove to be a serious complication. Studies have shown that diabetics with gum disease have more **difficulty controlling their blood sugar.** If you have been diagnosed with diabetes, it is imperative that you follow a strict oral health routine that includes regular visits to the dentist, to be certain that your condition is not exacerbated by poor oral health.

Pregnant women should be aware that the health of your baby could be compromised by periodontal disease. This condition in the mother increases the risk of a premature birth. Premature

babies are less developed and have a lower birth weight, making them more susceptible to various other health risks.

So these are just some of the health risks you may expose yourself to if you are content to be part of the majority who suffers from periodontal disease. When you think of it in those terms, **you realize it is not just your gums and teeth that suffer!**

The best way to protect yourself is to make sure you **brush your teeth** at least twice each day, for two minutes each time! And feel free to brush more often! You should also floss at least once per day.

But do not assume that is sufficient. **Visit your dentist** regularly to be certain that your oral health care routine is having the desired effect. Your dentist can conduct the thorough examination you need to make sure you either get a clean bill of oral health or the treatment you need!

So don't settle for an oral health condition that is just as good as the majority. Because avoiding periodontal disease is a healthy habit...and healthy habits lead to healthy lives!

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► Kate and Will have opted for two wedding cakes ► One of them is sentimental while the other is far more traditional

It's only fitting that a future king and queen would have two wedding cakes — a chocolate biscuit cake (William's childhood favourite) and a classic fruitcake (Kate's pick).

Unlike Kate's dress, details of the royal couple's cake have been revealed by Leicestershire baker, Fiona Carins. There will be plenty of tiers as well as white and cream shades. Also, about 17 sugar flowers (all of which have a special meaning to the pair) will be incorporated.

To create a regal wedding cake of your own, try a three-tiered cake with a simple posy at the top that

is surrounded by gorgeously pressed florals. It's beautiful and won't

break the bank.

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Cuisine & Passion is run by a husband and wife team who were, before settling in Orleans, in charge of some of the best hotel kitchens in the world. For example, they ran the Four Seasons in the West Indies.

The shelves of their eatery are filled with fine kitchen tools and gadgets that you can linger over while waiting for your order to be served.

And the refrigerators and freezers offer every-

thing from panna cotta to cookie dough to meat pies.

I had a hard time choosing from the meals in the glass case.

I settled on a gourmet sandwich of chicken and pesto (\$6.99) that was grilled on the Panini until it is perfectly golden.

The pesto had just the right amount of garlic and basil and the chicken was moist and fresh. It was a delightful taste combination.

The chocolate cupcake (\$2.99) was good but had a slight day-old taste. Yet, it was impossible not to eat every crumb.

Cuisine & Passion is a bright and happy eatery that could just become one of my regular haunts for gourmet cuisine.



► Chicken pesto sandwich

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Names: Ash, 26, and Brett, 28

Hometowns: Pickering and Hamilton, Ont.

Together since: 2008

Their story:

When I (Ash) decided to move to Australia for a year in 2008, my family worried that I would fall in love with an Aussie surfer dude and never return to Canada.

They were half right: Brett and I crossed



► Ash and Brett are Canadians who have now lived in three different countries together.

paths while living in the same apartment complex on the beautiful Sunshine Coast, Down Under. I knew immediately he was the one for me: We were both training to become teach-

ers, our pets had the same names, and we were born exactly a week apart. Better yet, he was Canadian! In the past two and a half years, Brett and I have lived in three different

countries together, and I imagine that list will only grow longer.

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OPPOSITES DO ATTRACT

Do opposites really attract? And if so, does that add to chemistry in a relationship?

Derek says...

I find it curious that scientific principles are often used as clichés for matters of the heart. And while I'm not sure how physics relates to love connections, it wasn't until I met Angela that I first believed in love at first sight.

Angela says...

Opposites? Yeah, it's a cliché — but one that I believe firmly in. To me, it keeps things interesting.

Derek is always introducing me to things I'd never consider, and I like to think I do the same for him. For instance, I would have never watched the *Battlestar Galactica* series had it not been for him, and I like to think he'd never gain an appreciation for America's Next Top Model without my tutelage.

Having different interests keeps our individuality intact and offers interesting things to talk about after a long day at work — even after more than a decade together.

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Banking on the beach

ON MONEY

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Timeshares can be great vacation option – but don't expect to make money on the sale.

Spring is for love, rebirth, delightful bulbs blooming, dogs shedding and probably more fitness resolutions than are ever



► When it comes to timeshares, buy out of love, not because you want to make bucks off a future sale.

Vacation nation

Largest number of timeshares worldwide

- Florida – 22.7%
- South Carolina – 7.8%
- California – 7.5%

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made in the New Year. It is also the season for timeshare regret. Over 77 per cent of timeshares are purchased between December and March. Come spring the second guessing begins.

Judy was one of the 77 per cent. "I bought a time share in Florida three years ago and now realize that

with all the cheap inclusive packages being offered I probably jumped too fast without doing my homework. I am shelling out about \$750 year for maintenance/fees. Should I try to sell it or hang on hoping home prices will go up eventually and sell later? I was a person who never took time for a vacation.

At least now I do get away a couple of weeks and look forward to it."

First of all, about those cheap all-inclusives. On a family trip to the Mexican Riviera a few years ago I snagged a great bargain at a 5 Star resort advertised for \$1050 a week per person. By the time we added in taxes, tips, a couple of facials and massages, an upgrade to an ocean view room, better wine and a sightseeing tour the real cost doubled. The economics of timeshares are like the economics of most purchases from clothes to cars. Buy because you like it, but don't expect to make a profit on any future sale.

On my television show, *Maxed Out*, I worked with a couple who bought a timeshare in Florida during a trip to Disney World and a few too many margaritas. After getting into financial trouble they eventually unloaded it, for 35 cents on the dollar. In their case, however, the maintenance, fees and return airfare had strained their resources to the point where they couldn't even use their weeks.

Judy is different. Judy is exactly the kind of person who should buy a timeshare. It forces her to take a holiday, she enjoys it and it sounds like she can afford it. Don't mess with a good thing Judy.

Fun and Frugal

LESLEY SCORGIE

MONEY@METRONEWS.CA



TAME THE CREDIT LINE

Credit lines are masked as good debt because they offer seductively low rates. But, unless they're used to purchase assets that are expected to grow (education, investments, and businesses), they're not!

Because they're easy to qualify for and access, they encourage 'incrementalism', layering on more, which translates into bad debt, a deal you can't afford. There's no pressure from the bank to pay off the principal; simply cover the interest. You can even borrow back everything you pay towards it.

You know you're abusing your credit line if; you can justify busting your budget for unplanned purchases like a new TV because you've got a low rate; if your bottom line isn't growing, but your credit line balance is; if your credit card is racked up each month because of overspending and you pay it off with a credit line rather than cash; if you find yourself unable to stop the \$5,000 home renovation in the bathroom,

and it creeps into new floors, cupboards and sparking state-of-the-art appliances for the kitchen; or if you're expediting the purchase timeframe on major items like a car.

A low rate credit line doesn't solve a systemic overspending problem, it facilitates it.

Credit lines should only be used for good debt; to invest in stable assets. It's counterproductive to borrow back what you pay in principle.

Tame your credit line. Change your repayment plan so that the available credit reduces by the same amount as your payment; in essence turning it into a traditional loan. And, consider collapsing your home equity lines of credit into a fixed-rate mortgage. Rates are historically low and they won't stay there forever.

Unless you're drowning in expensive consumer debt (rates upwards of 10%), credit lines don't make sense; saving in advance does. Get off the credit line marigold round, reign in spending and pay off your debt.

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4
sports

Boucher delivers in Flyers victory

RICK STEWART/GETTY IMAGES

► Goalie plays consecutive games after replacing Bobrovsky ► Flyers take a 2-1 series lead over Sabres

Brian Boucher stopped 35 shots as the Flyers' new starting goalie in helping Philadelphia grab a first-round playoff series lead with a 4-2 win over the Buffalo Sabres last night.

Danny Briere and Nikolay Zherdev keyed the victory by scoring second-period goals as Philadelphia bounced back with two straight wins after a 1-0 series-opening loss Thursday. Game 4 is at Buffalo on Wednesday.

Jeff Carter and Kimmo Timonen, with an empty-netter, also scored as the Flyers improved to 6-0-2 in their past eight visits to Buffalo, including the regular season.

Drew Stafford and Nathan Gerbe scored in a game the Sabres never led. Buffalo has lost consecutive games for the first time since ending a three-game skid Feb. 23.

Boucher got the start after he stopped 20 of 21 shots in a 5-4 win Saturday in relief of rookie Sergei Bobrovsky, who struggled by allowing three goals on seven shots. Bobrovsky went



from playoff starter to healthy scratch as recently called-up Michael Leighton served as the backup.

Boucher was greeted with mock chants of "Boooo-shay!" from the energized sold-out house in Buffalo from the opening minute. He then proceeded to quiet the crowd with a series of solid saves — including 15 in the first period.

He was at his best in the third period with the Flyers clinging to a 3-2 lead.

His only miscue came on Gerbe's goal, which cut the Flyers' lead to 3-2 with 1:48 left in the second period. **THE ASSOCIATED PRESS**



► Jeff Carter, left, and Mike Richards of the Philadelphia Flyers celebrate after Carter scored Philadelphia's first goal against the Buffalo Sabres in Game 3 of the Eastern Conference quarter-finals

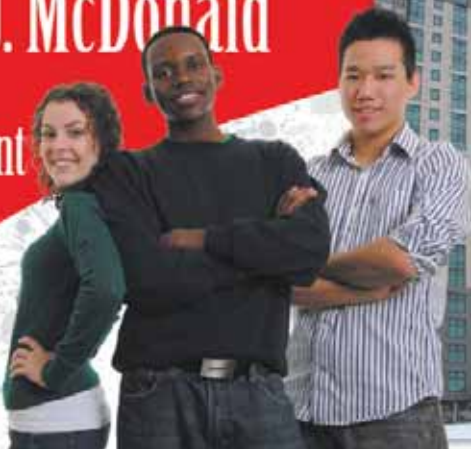
Quoted



"Every game is an opportunity and just blowing it last night, that really bothered me ... My attitude is like you give everything you have."

ANAHEIM'S TEEMU SELANNE, WHO RIPPED INTO HIS DUCKS TEAMMATES AFTER SUNDAY NIGHT'S 4-3 LOSS TO NASHVILLE.

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PLAYOFFS

CONFERENCE QUARTER-FINALS
(Best-of-7, all times Eastern)

EASTERN CONFERENCE

Washington (1) vs. N.Y. Rangers (8)
(Washington leads series 2-1)

Sunday's result

N.Y. Rangers 3 Washington 2

Tomorrow's game

Washington at N.Y. Rangers, 7 p.m.

Saturday's game

N.Y. Rangers at Washington, 3 p.m.

Monday, April 25

x-Washington at N.Y. Rangers, TBA

Wednesday, April 27

x-N.Y. Rangers at Washington, TBA

Philadelphia (2) vs. Buffalo (7)

(Philadelphia leads series 2-1)

Last night's result

Philadelphia 4 Buffalo 2

Tomorrow's game

Philadelphia at Buffalo, 7:30 p.m.

Friday's game

Buffalo at Philadelphia, 7:30 p.m.

Sunday, April 24

x-Philadelphia at Buffalo, 3 p.m.

Tuesday, April 26

x-Buffalo at Philadelphia, TBA

Boston (3) vs. Montreal (6)

(Montreal leads series 2-1)

Last night's result

Boston 4 Montreal 2

Thursday's game

Boston at Montreal, 7 p.m.

Saturday's game

Montreal at Boston, 7 p.m.

Tuesday, April 26

x-Boston at Montreal, TBA

Wednesday, April 27

x-Montreal at Boston, TBA

Pittsburgh (4) vs. Tampa Bay (5)

(Series tied 1-1)

Last night's result

Pittsburgh at Tampa Bay

Tomorrow's game

Pittsburgh at Tampa Bay, 7 p.m.

Saturday's game

Tampa Bay at Pittsburgh, TBA

Monday, April 25

x-Pittsburgh at Tampa Bay, TBA

Wednesday, April 27

x-Tampa Bay at Pittsburgh, TBA

WESTERN CONFERENCE

Vancouver (1) vs. Chicago (8)

(Vancouver leads series 3-0)

Sunday's result

Vancouver 3 Chicago 2

Tonight's game

Vancouver at Chicago, 8 p.m.

Thursday's game

x-Chicago at Vancouver, 10 p.m.

Sunday, April 24

x-Vancouver at Chicago, 7:30 p.m.

Tuesday, April 26

x-Chicago at Vancouver, TBA

San Jose (2) vs. Los Angeles (7)

(Series tied 1-1)

Tonight's game

San Jose at Los Angeles, 10:30 p.m.

Thursday's game

San Jose at Los Angeles, 10:30 p.m.

Saturday's game

Los Angeles at San Jose, 10:30 p.m.

Monday, April 25

x-San Jose at Los Angeles, TBA

Wednesday, April 27

x-Los Angeles at San Jose, TBA

Detroit (3) vs. Phoenix (6)

(Detroit leads series 2-0)

Last night's result

Detroit at Phoenix

Tomorrow's game

Detroit at Phoenix, 10:30 p.m.

Friday's game

x-Phoenix at Detroit, 7 p.m.

Sunday, April 24

x-Detroit at Phoenix, TBA

Wednesday, April 27

x-Phoenix at Detroit, TBA

Anaheim (4) vs. Nashville (5)

(Nashville leads series 2-1)

Sunday's result

Nashville 4 Anaheim 3

Tomorrow's game

Anaheim at Nashville, 8:30 p.m.

Friday's game

Nashville at Anaheim, 10 p.m.

Sunday, April 24

x-Anaheim at Nashville, 8:30 p.m.

Tuesday, April 26

x-Nashville at Anaheim, TBA

x — played only if necessary.

FLYERS 4, SABRES 2

First Period

1. Philadelphia, Carter 1 (Carle) 4:42 (pp)

2. Buffalo, Stafford 1 (Pominville, Gagnani)

11:55 (pp)

Penalties — Kaleta Buf (roughing) 3:40;

Coburn Pha (interference) 11:17, Hartnell Pha

(interference, delay of game) 16:39.

Second Period

3. Philadelphia, Briere 2 (Hartnell) 2:44

4. Philadelphia, Zherdev 1 (Richards, Ver-

steeg) 16:44

5. Buffalo, Myer 1 (Connolly, Gagnani) 18:12

Penalties — Gilberts Buf (cross-checking) 13:32,

Hartnell Pha, Weber Buf (roughing) 14:20.

Third Period

6. Philadelphia, Timonen 1 (Giroux, Carter)

19:42 (en)

Penalties — Gaustad Buf (interference) 0:41,

Timonen Pha (holding) 2:24, Zherdev Pha

(slashing) 6:14, Powe Pha (charging) 6:59,

Versteeg Pha, Ennis Buf (cross-checking)

19:47.

Shots

Philadelphia 6 15 5 — 26

Buffalo 16 10 11 — 37

Goal — Philadelphia: Boucher (W,2-0-0); Buf-

falo: Miller (L,1-2-0).

Power plays (goals-chances) — Philadelphia:

1-3; Buffalo: 1-6.

Referees — Paul Devorski, Steve Kozari. Lines-

men — Derek Amell, David Brisebois.

Att. — 18,690 (18,690) at Buffalo, N.Y.

SUNDAY

RANGERS 3, CAPITALS 2

First Period

No Scoring.

Penalties — Gilroy NYR (holding) 15:01, Hen-

dricks Wash (interference) 17:20, Knuble

Wash (delay of game) 17:55, Christensen NYR

(goaltender interference) 19:43.

Second Period

1. N.Y. Rangers, Christensen 1 (Wolski, Mc-

Cabe) 5:30 (pp)

2. Washington, Ovechkin 2 (Arnott, Green) 19:00

Penalties — Green Wash (hooking) 1:13, Carlson

Wash (cross-checking) 4:41, Ovechkin Wash

(hooking) 8:50, Hannan Wash (holding) 10:41.

Third Period

3. N.Y. Rangers, Prospal 1 (Staal, Dubinsky) 8:01

4. Washington, Knuble 1 (Backstrom,

Ovechkin) 14:48 (pp)

5. N.Y. Rangers, Dubinsky 1, 18:21

Penalties — Backstrom Wash (tripping) 9:13,

Gaborik NYR (cross-checking) 13:38, Carlson

Wash, Boyle NYR (roughing) 16:45.

Shots

Washington 7 7 11 25

N.Y. Rangers 8 11 16 35

Goal — Washington: Neuirth (L,2-1-0); N.Y.

Rangers: Lundqvist (W,1-2-0). Power plays

(goals-chances) — Washington: 1-3; N.Y.

Rangers: 1-7.

Referees — Tim Peel, Chris Rooney. Linesmen

—, Steve Barton.

Attendance — 18,200 (18,200).

PREDATORS 4, DUCKS 3

First Period

1. Nashville, Erat 1 (Franson, Ward) 15:00 (pp)

2. Nashville, Tootoo 1 (Smithson) 15:38

Penalties — Smithson Nash (tripping) 3:31,

Sbisa Ana (roughing) 13:08.

Second Period

3. Anaheim, Selanne 3 (Perry) 18:10 (pp)

4. Anaheim, Selanne 4 (Perry) 18:40

Penalties — Getzlaf Ana (slashing) 0:22, Koivu

Ana (high-sticking) 8:19, Marchant Ana (board-

ing) 10:42, Getzlaf Ana, Fisher Nash (fighting)

16:55, O'Brien Nash (elbowing) 17:29,

Marchant Ana, O'Brien Nash (roughing) 19:48.

Third Period

5. Nashville, Legwand 1 (Suter, Erat) 5:25

6. Anaheim, Beleskey 1 (Koivu) 6:48

7. Nashville, Fisher 3 (Kostitsyn, Suter) 10:21

Penalty — Koivu Ana (tripping) 17:40.

Shots

Anaheim 4 6 6 16

Nashville 12 15 10 37

Goal — Anaheim: Emery (L,1-1-0); Nashville:

Rinne (W,2-1-0).

Power plays (goals-chances) — Anaheim: 1-2;

Nashville: 1-5.

Referees — Stephen Walkom, Ian Walsh.

Linesmen — Scott Cherrey, Greg Devorski.

Attendance — 17,113 (17,113).

CANUCKS 3, BLACKHAWKS 2

First Period

1. Chicago, Keith 1 (Toews) 6:54 (pp)

Penalties — Ehrhoff Vcr (tripping) 6:49, Torres

Vcr (roughing) 10:12, Biekas Vcr (elbowing)

10:55, D.Sedin Vcr (holding) 17:20.

Second Period

2. Vancouver, Ehrhoff 1 (H.Sedin, D.Sedin)

10:03 (pp)

3. Vancouver, D.Sedin 3 (Edler, Biekas) 10:57

4. Chicago, P.Sharp 1 (Toews, Kane) 12:40 (pp)

Penalties — Scott Chi (interference) 9:56, Tor-

res Vcr (interference) 12:14.

Third Period

5. Vancouver, Samuelsson 1 (H.Sedin,

Ehrhoff) 6:48

Penalties — Oreskovich Vcr (charging) 3:39,

H.Sedin Vcr (hooking) 9:36, Campbell Chi (el-

bowing) 10:46.

Shots

Vancouver 10 9 7 26

Chicago 16 9 7 32

Goal — Vancouver: Luongo (W,3-0-0); Chicago:

Crawford (L,0-3-0). Power plays (goals-

chances) — Vancouver: 1-2; Chicago: 2-7.

Referees — Brad Watson, Greg Kimmerly.

Linesmen — Pierre Racicot, Ryan Galloway.

Attendance — 21,743 (19,717).

SCORING LEADERS

G A PT

Fisher, Nash 3 2 5

D.Sedin, Vcr 3 2 5

Datsyuk, Det 2 3 5

Not including last night's games

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

W L Pct GB

New York 9 5 .643 —

Tampa Bay 7 9 .438 3

Toronto 7 9 .438 3

Baltimore 6 9 .400 3½

Boston 5 10 .333 4½

CENTRAL DIVISION

W L Pct GB

Cleveland 11 4 .733 —

Kansas City 10 5 .667 1

Chicago 7 9 .438 4½

Detroit 7 9 .438 4½

Minnesota 6 10 .375 5½

WEST DIVISION

W L Pct GB

Los Angeles 10 5 .667 —

Texas 10 5 .667 —

Oakland 8 8 .500 2½

Seattle 5 11 .313 5½

Yesterday's results

Boston 9 Toronto 1

Tampa Bay 5 Chicago White Sox 0

Minnesota 4 Baltimore 3

L.A. Angels at Texas

Cleveland at Kansas City

Detroit at Seattle

Sunday's results

Cleveland 4 Baltimore 2

Boston 8 Toronto 1

Minnesota 4 Tampa Bay 2

L.A. Angels 4 Chicago White Sox 2

Seattle 3 Kansas City 2

Oakland 5 Detroit 1

N.Y. Yankees 6 Texas 5

Tonight's games

Chicago White Sox (Danks 0-1) at Tampa Bay

(Shields 0-1), 6:40 p.m.

Minnesota (Pavano 1-1) at Baltimore (Arrieta

1-1), 7:05 p.m.

N.Y. Yankees (A.J.Burnett 3-0) at Toronto

(Drabek 0-1), 7:07 p.m.

L.A. Angels (Palmer 0-0) at Texas (Lewis 1-1),

8:05 p.m.

Cleveland (Gomez 0-0) at Kansas City (Chen 2-

0-1), 8:10 p.m.

Boston (Lackey 1-1) at Oakland (Anderson 0-

1-1), 10:05 p.m.

Detroit (Coke 1-2) at Seattle (Fister 0-3),

10:10 p.m.

RED SOX 9, BLUE JAYS 1

Toronto ab r h bi Boston ab r h bi

Yescors ss 4 1 1 1 J.Drew rf 4 1 2 0

Cpttrns cf 4 0 0 0 DMcDn rf 0 0 0 0

Bautist rf 4 0 1 0 Pedrola 2b 3 1 1 0

Lind 1b 3 0 0 0 AdGnzl 1b 5 1 1 0

A.Hill 2b 3 0 0 0 Youklis 3b 5 2 2 2

JMcDnl 2b 0 0 0 0 Ortiz dh 3 1 1 1

Arensic c 3 0 0 0 Lowrie ss 5 2 4 4

Snider lf 2 0 0 0 Cnwfrd lf 5 0 1 1

Encnc dh 3 0 0 0 Varitek c 3 0 0 0

J.Mix 3b 3 0 0 0 Eltsury cf 4 1 1 1

Totals 29 1 2 1 Totals 37 9 13 9

Toronto 000 000 001 1

Boston 201 023 10x 9

LOB—Toronto 2, Boston 10.2B—Ad.Gonzalez

(4), Youklis (5), Crawford (2), 3B—J.Drew (1).

HR—Y.Escobar (2), Youklis (2), Lowrie (2),

Ellsbury (4).

Toronto IP H R ER BB SO

R.Romero L,1-2 41-3 8 5 5 5 4

L.Perez 11-3 3 3 3 1 1

Dotel 11-3 2 1 1 0 2

Janssen 1 0 0 0 0 1

Boston

Matsuzaka W,1-2 7 1 0

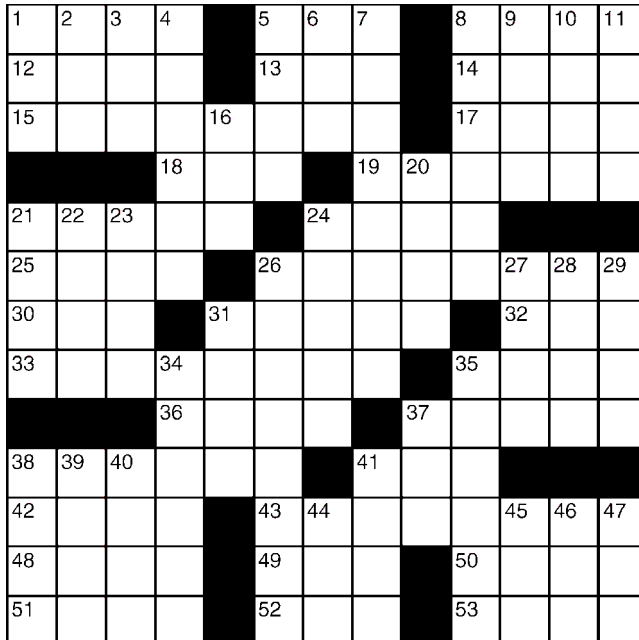
Crossword

Across

1 Hair salon request
5 Witness
8 Poker variety
12 Vicinity
13 Skillet
14 Walking stick
15 Argument concluder
17 Discourteous
18 — for tat
19 Speech-maker
21 Poe's bird
24 Attract
25 Winged
26 Jet-setter's way of life
30 Error
31 Vaults
32 St. leader
33 Reincarnationist's belief
35 Anger
36 Nephew of Donald Duck
37 Baseball's "Hammerin' Hank"
38 Attribute
41 Remnant
42 Phobia
43 Very strong, as a stomach
48 Tenant's payment
49 Mentalist's claim
50 Car
51 Wild revelry
52 Firmament
53 Allows

Down

1 Chum
2 Mound stat
3 In medias —
4 Count
5 Location
6 Listener
7 Check beneficiary
8 Illegible writing
9 Lacking slack
10 Loosen
11 Antelope's playmate
16 Triumph
20 "Darn it!"
21 Grate
22 Others (Lat.)
23 Moving vehicles
24 Inane
26 Opaque-glazed earthenware pieces
27 Culture medium
28 "Forget it!"



► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Moezy Habibi, I'm sorry for everything I have done and I love you lots <3 please forgive me and love me again xoxo
From S.B.

Joseph, this is more than a crush, there is no doubt that this is true love. I wrote you this poem... There I saw you glistening in the sun Hoping one day we will become one Your invading voice lacing through my head I love you boy- hopefully one day you will see that I fantasize having my fingers running through your silky mane Waiting to find out if you love me is driving me literally insane my empty arms reach out for you Joseph, if you read this, I hope you won't find it wierd....I love you Joseph.....I just wish I could say it to your face.

From ANONYMOUS GIRL FROM SKOOL

Today's horoscope

♈ **Aries** March 21-April 20
Someone will change their plans today and you won't be too happy about it.

♉ **Taurus** April 21-May 21
If you want a straight answer to you will likely be disappointed.

♊ **Gemini** May 22-June 21
Make sure you keep track of where your money is going today.

♋ **Cancer** June 22-July 22
Some people will be vocal in their opposition to your plans today but don't let that stop you.

♌ **Leo** July 23-Aug. 23
Don't push yourself harder than you have to just to make yourself look good.

♍ **Virgo** Aug. 24-Sept. 22
You may have doubts about the path you are on but you also have the courage to keep at it.

♎ **Libra** Sept. 23-Oct. 23
If someone in a position of authority is critical of your work you must not let it get to you.

♏ **Scorpio** Oct. 24-Nov. 22
See the amusing side in what happens today.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21
Don't ignore your instincts if something feels off.

♑ **Capricorn** Dec. 22-Jan. 20
Remind the doubters that, as far as you are concerned, nothing in life is impossible.

♒ **Aquarius** Jan. 21-Feb. 18
Why the negative attitude? Whatever the reason you must snap out of it

♓ **Pisces** Feb. 19-March 20.
Don't be afraid to ask friends and family for financial help if you need it. ● SALLY BROMPTON

Caption contest



KATHLEEN SAVILLE



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